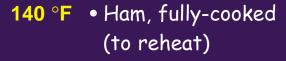
Use A Food Thermometer





emperature Rules!

... for cooking foods at home.



145 °F • Beef, lamb & veal steaks & roasts, (medium rare)

160 °F • Hamburger, meatloaf & other ground meats,

 Beef, lamb & veal steaks & roasts (medium)

 Pork chops, ribs & roasts

Egg dishes

165 °F • Ground turkey & chicken

• Stuffing

Casseroles (Mixed dishes)

Leftovers

170 °F • Chicken & turkey breasts

180 °F • Chicken & turkey
whole bird, legs, thighs
& wings

• Duck & goose

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

USDA Meat and Poultry Hotline 1-800-535-4555 www.fsis.usda.gov/thermy



hermy

Food Safety and Inspection Service

U.S. Department of Agriculture